

Buss A H. *The psychology of aggression.* New York: Wiley, 1961. 307 p.
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Aggression was construed as a subclass of punishment, and antecedents and consequences were examined. Angry aggression and instrumental aggression were distinguished, which clarified the role of frustration as a cause of aggression. An apparatus-procedure was devised for studying human aggression in the laboratory. [The *Social Sciences Citation Index*[®] (SSCI[®]) indicates that this book has been cited over 450 times since 1966.]

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"In the 1950s while at the University of Pittsburgh, I found that there was no book on the psychology of human aggression, a topic on which I was doing research. I distinguished between angry and instrumental aggression. When angry, we are rewarded by the pain or discomfort of the victims of our aggression. When not angry, our aggression is rewarded by any of the many reinforcers that occur in everyday life (money, status, and so on); the aggression achieves the same rewards that nonaggressive responses achieve, hence the term *instrumental aggression*. Frustration, which is one of the minor causes of aggression,¹ usually leads to angry aggression. Thus the above distinction and other theoretical analyses helped to put the frustration-aggression hypothesis in proper perspective.

"I developed a new paradigm to study aggression in the laboratory. The real subject played the role of an experimenter who used electric shock to correct the mistakes of a 'learner' (ostensi-

bly another subject but in reality a confederate who never received any shock). The real subject might use so low an intensity of shock that it would not hurt (nonaggression) or a level that would hurt (aggression). This paradigm was ethical in that it offered the subjects a rationale for aggressing (thus denying the possibility of guilt), and it was also practical and yielded quantitative data. I called it the *aggression machine*.

"Using this paradigm, I demonstrated the expected gender difference (men aggress more intensely than women) and also that male targets receive more intense aggression than do female targets. These two gender differences were especially evident in the aggression that can occur after harm has been done.² When men aggressed against men, there was no diminution in aggression intensity after they had previously harmed a target; in the other three gender combinations of aggression-target, aggression level dropped. In this experiment, the only one on the effect of previous harm, the subjects had no particular reason to aggress against their targets.

"In another experiment,³ which also seems to be unique, I studied the effect of firing a target pistol on subsequent aggression (using the aggression machine). Firing a weapon had no effect on subsequent aggression, nor were people who like and use guns more aggressive than those who do not like or use guns. Guns are, of course, dangerous to have around, but evidently they do not cause *further* aggression.

"Why has the book been cited frequently? The main reason appears to be the aggression machine, which has enjoyed wide use both in its original form and in several modifications. My theoretical analysis of aggression and its causes and consequences is also well known. Finally, my book was one of the very few available on human aggression at the time."

1. Buss A H. Physical aggression in relation to different frustrations. *J. Abnormal Soc. Psychol.* 67:1-7, 1963.

2. The effect of harm on subsequent aggression. *J. Exp. Res. Personal.* 1:249-55, 1966.

3. Buss A H, Booker A & Buss E H. Firing a weapon and aggression. *J. Personal. Soc. Psychol.* 22:296-302, 1972.